

FIRST HOUR PROTOCOL

Before comfort spending, execute:

- Protect first (WALL, Bills Buffer, Essentials Reserves contribution)
- Survival covered (bills + basics planned)
- Build more (Attack payment or Ownership deployment)
- Planned Joy (set amount, guilt-free)
- Leak Cap active (drift boundary)

Income Day Date: _____

Notes (1 line): _____

Executed in first hour? Yes No